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WRESTLING COACH BRIAN OWEN MEETS HIS MATCH



BROTHER TOMMY OWEN JOINS COUGAR COACHING

| Photo by Brian Munoz/Alestle



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Thursday, October 22, 2015

SIUE's 9 percent budget cut hits home

Faculty and staff discuss personal impact of budget cuts, possible layoffs, healthcare loss

KENDRA MARTIN
BRIANA STEWART
Alestle Reporters

Faculty members give their personal points of view on the recent Illinois budget cuts.

The Realignment Plan

There's been a 9 percent realignment budget cut for SIUE, and for most faculty members and students, it's more than just another budget cut — it's a budget crisis.

On Tuesday, Oct. 13, Interim Chancellor Stephen Hansen presented the 9 percent realignment budget cut for the remainder of Fiscal Year 2016. Although an official budget has not been approved by the state of Illinois, SIUE is definitely feeling the effects of this major financial shift.

Both students and faculty members are concerned for this fiscal year's Illinois budget, considering the potential loss of MAP grants, health insurance and several other important entities of our university.

Gary Dotson
Mass Comm. Instructor

Adjunct mass communications instructor Gary Dotson said full-time faculty members are required to teach a minimum of three classes each semester, while part-time instructors are only required to teach one class each semester.

"We [adjunct instructors] have expertise in the areas that we teach, but we're not full-time [employees]," Dotson said.

According to Dotson, part-time employees are also required to pay into the State University Retirement System, or SURS.

"We're obligated to pay into that, whether we want to or not," Dotson said.

As an adjunct, or part-time

instructor, Dotson said he feels confident SIUE departments will do everything they can to look for spending cuts before they begin to eliminate faculty members.

"Once you start losing instructors and having to double-up classes with instructors where they are teaching more classes, or eliminating classes — now, you're not just talking about a fiscal thing, you're talking about the credibility of the university," Dotson said. "I think they'll look for spending cuts wherever they can find it, but at some point — when you've cut everything you can cut — it may come down to cutting a

class, or cutting an instructor ... it might be unavoidable."

McGee said the English language and literature department, similar to several other SIUE departments, has had to raise class sizes and reduce the variety of available courses in recent years to lower monetary expenses.

"Overall, we're still able to serve the same number of students that we have been serving with fewer faculty members," McGee said.

According to McGee, the English language and literature

department has had three faculty members retire, and those positions have not been replaced.

However, more students with fewer professors mean less family time and additional stress for remaining faculty members.

The monetary shortage forces most professors to take on a higher workload, and it also jeopardizes the guaranteed benefits of health insurance. McGee said the chance of losing health benefits is frightening to some faculty members, especially to those who have serious medical issues.

"It's stressful, of course," McGee said. "I think the healthcare insurance issue is certainly on my mind, and I know it's on a lot of other people's minds right now,

can't pay for them out-of-pocket upfront."

McGee said employees are also feeling worn down by several consecutive years of not receiving a common cost-of-living raise.

"I think students would be surprised to learn how little some faculty are paid, and when we're increasing our workload and not receiving any kind of raises ... it's very challenging for some faculty members," McGee said. "How many places can parents send their kids and have smart, dedicated people interested in their welfare, rooting for them, trying to help reach their potential as human beings? That's why most of us are in education, and that goes for the people that work in the offices and

maintain our grounds; they all do it because we believe in helping young people be the best they can be. It's a bit demoralizing, then, when the state wants to cut our funding in such dramatic ways."

McGee said the possibility of losing her health insurance is quite concerning to her family.

"I'm a breast cancer survivor of a few years, and I know how expensive that treatment was," McGee said. "For people to have to pay out-of-pocket for that ... I just wonder how many people are not going to get healthcare services because they feel like they

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Joseph Wottawa
School of Education
Media Specialist

Media Specialist for the School of Education Joseph Wottawa is losing his job in April of 2016 due to SIUE's increasing budget cuts.

"I was told by my dean that my position had been eliminated at the university, as part of the budget cuts," Wottawa said. "I went from having a continuous employment with [SIUE] to telling me that I was no longer necessary, and I was switched to a 12-month contract and that expires in April of next year."

Although Wottawa said he is disappointed, he also said he was not entirely surprised.

"We were given a heads-up by our dean, that it might be necessary [to layoff some people], but at the same time, when we were hearing at a university-level that the rescission would not be met on the backs of staff and that they were going to do everything they could to take care of us, I kind of hoped for the best, but that's not what happened," Wottawa said.

Similar to McGee, Wottawa acknowledged the fact that due to these budget cuts, remaining staff members are forced to expand their responsibilities and increase their workload to cover eliminated positions.

"It takes a certain amount of bodies to run the school, and it seems like we're running short of bodies," Wottawa said.

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Chancellor Search Advisory Committee formed to seek 2016 chancellor

BRIANA STEWART
Alestle Reporter

SIUE's Office of the President has created a Chancellor Search Advisory Committee to assist in the pursuit for a 2016 chancellor.

Gireesh Gupchup, chair of the search committee, said the committee has already held two meetings, and the members hope to begin screening applicants in January of next year.

"We've started, and we've planned some things, but we really haven't made any decisions yet," Gupchup said.

In order to obtain a plethora of different opinions and perspectives, the committee consists of 19 individuals from various areas of SIUE.

According to Gupchup, the search committee identifies prospects for the position of chancellor and brings the finalists to SIUE's campus, but they do not hire the chancellor. The Office of the President analyzes the search committee's reports of each candidate, and makes the final decision between the chosen finalists.

"We basically give the president's office a report of who's acceptable and who isn't," Gupchup said. "We give the president's office feedback of what we've found."

The search committee is open to suggestions and ideas from any SIUE stakeholders, whether faculty, staff or students, in their search for a new chancellor. In order to give all SIUE individuals a voice, the committee is holding several "listening sessions" during the next few weeks to request input from the campus community.

"What we're going to do this month

Gupchup, by November, the search committee will use the input from the SIUE community's listening sessions to create a job description for the new chancellor, and it will be posted in national venues where potential chancellor applicants are searching.

"By the end of January, we hope to have a group of people that have applied,"

"We basically give the president's office a report of who's acceptable and who isn't."

Gireesh Gupchup

Chancellor Search Advisory Committee Chair

is we are going to have several what we call 'listening sessions,'" Gupchup said. "We have listening sessions for students, staff, East St. Louis campus, alumni ... We are going to hear from all these stakeholders about our university, discuss strengths, challenges and desired characteristics of a new SIUE chancellor."

The search committee has completed a specific timeline for this entire process of finding a new chancellor. According to

Gupchup said. "If we're lucky, we'll have a pretty large number of applicants. We'll have criteria — obviously — based on the input we've received from all the listening sessions, and the committee will come up with a group of semi-finalists. The semi-finalists will be interviewed in some way, shape or fashion. From there, the committee will then identify a group of finalists."

Gupchup said the three to four finalists will be invited to come to campus in March, and the Office of the President will

hopefully be making a decision by April. The search committee's goal is for the new chancellor to be announced in May, but that is still subject to change.

Gupchup said the search committee encourages all SIUE members to participate in its listening sessions and have a voice in the process.

"We want to hear from all stakeholders," Gupchup said. "Come on out; let us know. We want to listen to you."

The dates and times for remaining listening sessions are as follows:

Thursday, Oct. 22, 12:00-1:00 p.m., School of Dental Medicine, Roller Hall (School of Dental Medicine).

Monday, Oct. 26, 2:00-3:00 p.m., MUC Mississippi/Illinois Room (Students).

Monday, Oct. 26-Sunday, Nov. 1, Online Listening Session (Qualtrics survey; link will be emailed on Oct. 26).

Wednesday, Oct. 28, 6:00-7:00 p.m., MUC Oak/Redbud Room (Alumni/Community).

Thursday, Oct. 29, 3:30-4:30 p.m., MUC Mississippi/Illinois Room (TT and NTT Faculty).

Briana Stewart can be reached at bstewart@alestlelive.com or 650-3525.

Program extends hand to aspiring high school students

MADISON O'BRIEN
Alestle Reporter

The SIUE East St. Louis Center has been receiving a grant for almost 50 years, which offers after school and summer programs to first-generation college students in the district.

Director of the East St. Louis Center Jesse Dixon said the Upward Bound program has been receiving a lot of attention lately due to the teacher strike in District 189 over negotiations between the district and the teachers' union.

Normally the program operates Monday through Thursday, from 3:30 p.m. to 5:30 p.m., but because many students do not have places to go during the school day, Upward Bound has expanded its hours adding in a morning session from 10 a.m. to 1 p.m.

"Having the students there all day means providing more activities and expanding the program. We are concerned with the strike because it has been going on about three weeks, but we will continue the program until [the] strike is over," Dixon said. "Hopefully it won't last much longer, but in the meantime we want to provide a safe place to be and work with students on college goals."

Upward Bound educates students on how they go about applying to college, what financial aid is available and the various career paths they can take. The center also offers academic support to its participants, as well as guidance through the college application process.

"We help the students find scholarships and the right college fit. We specifically target first generation college students, which means someone in their household hasn't yet been to college," Dixon said. "The program provides students with mentoring, guidance, support, tutoring and we even go on college visits."

According to Dixon, the program is designed to help students with their academic readiness in math, English, science and computer instruction.

"Students receive academic tutoring based on their specific needs while also being taught subjects on a bigger scale. There are a lot of different workshops where they can learn about a range of scholarship opportunities, and there is also individualized counseling. We build a profile for what careers and colleges would be good for certain students based on their personality and interests," Dixon said.

Program Director Javonda Quinn said the center is important, because so many of the young people that they serve are first-generation students.

"Many of the students don't have the opportunity to learn the process of entering college. It's important because it gives them the opportunity to be exposed to different colleges, learn the importance of a college education and what it has to offer. We want them to get exposure to different colleges in our state as well as other states," Quinn said.

According to Quinn, the program's results have been effective, but she thinks Upward Bound could see more progress.

"Our plan is to also establish

a partnership with the parents of the students who attend our program where we educate them on the college prep and entrance process," Quinn said. "We want parents to know how they can better motivate their child outside of Upward Bound."

Quinn said she encourages undergraduate and graduate students to get involved with the program.

"It gives college students an opportunity to give back to the community and it also gives them an opportunity to see if working with youth is something they want to pursue. As a grad assistant, they would be able to potentially inspire the students we serve by sharing their college experiences and by simply being visible in our office as a worker," Quinn said. "The program gives grad assistants themselves great office experience as well as opportunities to teach in our class."

Currently, two graduate students from SIUE work with the students in the program. The positions are filled regularly, offering part-time teaching consultant positions that provide academic tutoring.

Cahokia High School senior Sergio said the program is very helpful to his education.

"The program basically helps us in different areas like science. They have a bus for Cahokia. We even do a lot of programs on Saturdays like fieldtrips and fairs," Sergio said.

"I think the SIUE students are really helpful, and they are smarter than us, so it helps. I am looking into going to SIUE for school," Sergio said.

East St. Louis High School sophomore Edgar said he got involved with Upward Bound by being recruited.

"One day they came to my school and asked if I was in Upward Bound. They help us out, and it is a great program. Some of the graduate students have made me want to look at SIUE, but I'm thinking of SIUE or EIU," Edgar said.

To get involved with the program, you can talk to your counselor about open tutoring positions in math, science and English. Upward Bound also recruits future tutors on school campuses throughout the year.

Quinn said she hopes Upward Bound is able to design a program that is unique, offering specific things and allowing people to think outside of the box.

"I'm really excited for the future. I have a passion for working with and helping youth. It's great to be able to play a role in helping them become more aware of their educational opportunities. It is very rewarding to be able to assist the students in this capacity with Upward Bound, because I am actually working with students who have a college goal," Quinn said. "It's an opportunity for me to impact the lives of these young people in a great way, and I look forward to the challenge of serving as a mentor for some and motivator to others. I hear a lot of success stories and it gives me a lot of satisfaction to know I will play a huge part or role in those students' lives."

Read more about Upward Bound at alestlelive.com.



Teachers march from East St. Louis High School to the East St. Louis School District 189 Administration on Friday, Oct. 16, day 10, of the East St. Louis School District strike. This is one of several groups of teachers requesting new contracts to increase wages for educators. The two sides are at odds over the contract proposal the district said would save the school system at least \$10 million over 10 years. | Photo by Brian Muñoz/Alestle

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Wottowa also said he was concerned about the possibility of losing health insurance.

"Something as relatively minor as a broken leg, or something like that ... at this point, it carries the real possibility of bankruptcy if we're forced to foot that upfront," Wottowa said.

Tom Atwood, Mass Comm. Instructor

Mass communications instructor Tom Atwood said that the proposed budget cuts for the mass communications department have a lot to do with the issue of the state budget cuts.

"The way that I look at it — the proposed cuts — we don't even have a budget at this point because of the problems with the state budget."

Atwood said the budget cuts have been proposed, but have not directly affected him yet.

"So far, they have not affected me directly," Atwood said. "But I do know [in] the past few years we have lost a position and the position has not been filled in the mass [communications] department and that is probably related to the budget cuts, so we lost a professor."

Atwood said the mass communications department had to go through a process of trying to cut 3 percent one year and 6 percent of professors another year. Most of the budget accounts for salaries, so cutting the budget is cutting jobs.

Atwood said he is not trying to dwell on the budget cuts and instead chooses not to be concerned about them.

"I'm not worried about [it] because [worrying about] it does no good," Atwood said. "But I am uncertain about my position, so it mainly [is] being uncertain about what is going to happen."

With the recent budget cuts, Atwood said he thinks a lot of faculty members do not feel secure with their jobs at this point.

"I don't think anyone feels secure right [now] because who knows what could happen?" Atwood said. "When you have a

state budget that is still not agreed to after months and there is no indication that they are going to reach an agreement, that, to me, means that anything could happen."

Michele Lorenzini Anthropology Instructor

Michele Lorenzini has been an anthropology instructor for 17 years and said the budget cuts have affected the way that the anthropology classes are set up and how they are taught.

"The class that I teach is compressed," Lorenzini said. "They started doing this last year so that we would not lose seats, but were increasing the number of students per class."

Lorenzini said the class she teaches usually has only 50 students per class. Now, however, her enrollment has increased to 90 students.

"As a result, the choice that we made as a department was to cut the writing assignments because there are too many students," Lorenzini said. "So as a result of that, students do not get many opportunities to learn how to write well because of the budget cuts."

Lorenzini said the anthropology department increased the number of students per class so the school would not have to hire more teachers so there have been less lecturers.

"We have been told by the previous and current chancellor basically that SIUE has worked it out," Lorenzini said. "We have payroll until July 1 — that is what we are told, and I have no reason not to believe that. I worked here for 17 years and I also have multiple other jobs so I do archaeology on the side as well to help supplement [my income], but teaching in the summer could shift. But in March, that might be a different conversation."

Lorenzini said although it might be easier for her to find a job in her field of Archaeology if the budget cuts were to affect her job, but it might not be the same

for someone else.

"I am very fortunate that I could walk out the door tomorrow and get a job in archaeology full-time," Lorenzini said. "I am not the norm at all. I probably would not like that job. I would have to travel a lot. I have a five-year old. It would be tricky, but in some fields you have more marketable fields than others."

According to Lorenzini, the anthropology department has increased the amount of introductory courses in order to improve the graduation process for anthropology majors.

"We have cancelled courses more often than we [usually] would and sometimes in our department, [we've] done it more proactively," Lorenzini said. "It's this constant dance with the dean's office, so we'll teach more intro courses because there are more students than our majors [that] don't get the classes they need or want so then it affects the students because it takes them longer to graduate. That's money, that's time and that is interest on your loans."

Roger Speidel Theater and Dance Instructor

Theater and dance instructor Roger Speidel said he has not been affected directly but is aware that there has been some talk about proposed budget cuts.

"Luckily, they have not affected me directly, but there has been some talk so it kind of gets you on edge," Speidel said.

According to Speidel, although the budget cuts make him nervous, he chooses not to dwell on them.

"They make me feel a little nervous," Speidel said. "But I am a firm believer that everything has a way of working itself out, and sometimes they may seem like they are horrible, but probably for the best in the end."

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Budget cuts cause Parviz Ansari to take role of vice chancellor for Student Affairs

KYLE STEPP
Alestle Reporter

Parviz Ansari, Provost and Vice Chancellor for Academic Affairs, has taken on the role of Vice Chancellor for Student Affairs effective Nov. 1. Ansari will be in charge of recognizing and creating business opportunities that will better promote the university.

Due to budget cuts, the University has adapted its approach toward the community and corporations affiliated with SIUE. Doug McIlhagga, Executive Director of University Marketing and Communications, said the university needs new and creative revenue streams.

"Because of the new climate, from a budget standpoint, [An-

sari] will be in charge of community engagement and corporate involvement. And Interim Chancellor Stephen Hansen believes that Dr. Ansari is uniquely qualified to achieve those goals," McIlhagga said.

Kyle Stepp can be reached at kstepp@alestlelive.com or 650-3525.

GET FIERCE

Fraternity encourages LGBT support through ninth annual drag show



KYLE STEPP
Alestle Reporter

Delta Lambda Phi invites students, regardless of where they fall on the gender and sexuality spectrum, to lace up their corsets, cinch their waists and sashay on over to their annual Centaur's Roses Drag Show at 7 p.m. Thursday, Oct. 22, in the Morris University Center's Meridian Ballroom.

Delta Lambda Phi President Travis Fulk said the event is very professional and important to their organization.

"We hire professional queens and kings from around the St. Louis area to come and perform. We have no amateurs; they are all professional. The event usually lasts a couple of hours, and it's a really good time," Fulk said.

However, the show brings more than a good time to the SIUE campus, according to Fulk. The money raised through the show goes directly to Delta Lambda Phi's philanthropy — the LGBT Center of St. Louis. The goal of the LGBT center is to provide a safe and welcoming atmosphere for all students.

"It's a fundraising event for both our organization and our philanthropy," Fulk said.

In order to increase awareness and attendance, Delta Lambda Phi will be trying something new this year that will benefit more than just their organization.

"This year we are doing something new where the Greek organization with the highest percentage of attendance will also receive 10 percent of our profits for their philanthropy," Fulk said.

Fulk said he believes the event is so popular because of the difficulty of finding professional shows in the Metro East area. Fulk also said the event is not only for his organization, but it's also a rare opportunity for anyone at the show to be who they are without being judged.

"It's nice that students, or just anyone in the area, can come see it without having to drive into the city. And it's nice that students can come how they want to come and be who they want to be when they're there," Fulk said.

Returning drag queen Kenadie St. James explained the show and why it is popular.

"First off, I think it's amazing what [Delta Lambda Phi] is doing, but for the show, we have a good mix of entertainers. All of us perform differently; like I am a glamour queen — big hair, big jewelry, big makeup. We get up on stage and dance and lip synch and whatever else to entertain the crowd," St. James said.

When asked about costumes, St. James said it all depends on the event.

"We have some entertainers who perform mall drag, where they will only go out in only clothes bought at the mall. I have a few designers, and I will go to certain ones depending on the show. We also have people make their own costumes," St. James said.

Junior accounting major Eliza Cumming, of Auburn, said she attended the event last year, and plans on going this year.

"I had a great time with my friends last year. Everyone was having such a good time. And I think it's awesome that the LGBT community benefits from the event. I can't wait to see the show this year," Cumming said.

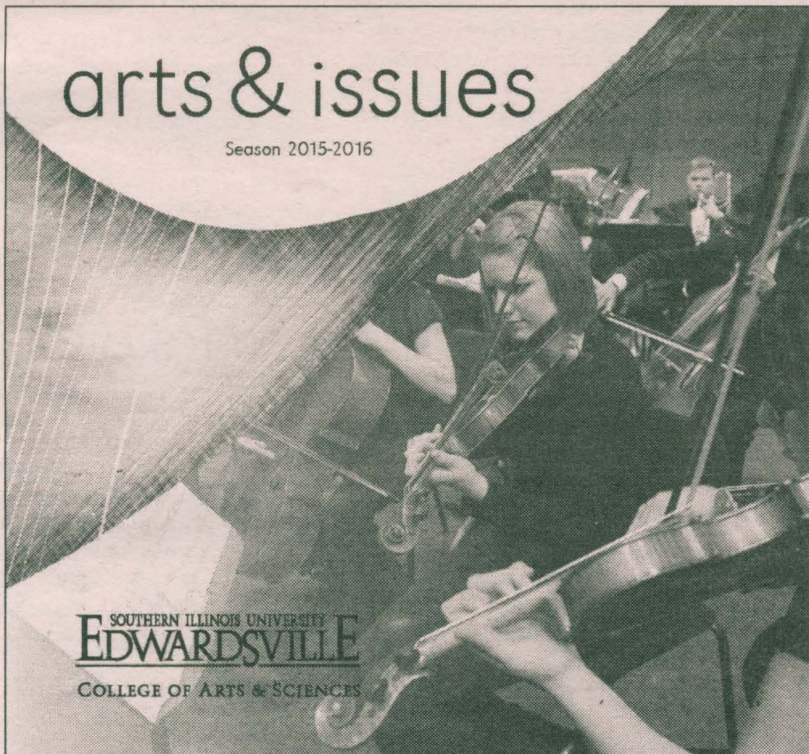
Fulk and his organization encourage everyone to come see the show and promote a good cause. Doors open at 6:30 p.m., and the event will begin promptly at 7 p.m. Tickets will be sold at the door for \$10 each.

Kyle Stepp can be reached at kstepp@alestlelive.com or 650-3525.

Illustration by Lauren Lowe/Alestle

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Dunham Hall Theater

Featuring Sara Sant'Ambrogio

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Once again, the orchestras of both Southern Illinois University campuses will be combined for an exceptional musical event. Michael Mishra, professor of music and director of Orchestral Studies at SIUE, and Edward Benyas, music director of the SIUC Symphony Orchestra, will conduct the concert. The guest artist will be Grammy Award-winning cellist Sara Sant'Ambrogio, who will play Dvorak's much-loved "Cello Concerto." Sant'Ambrogio leapt to international attention when she was a winner at the Eighth International Tchaikovsky Competition in Moscow, Russia.

Get your tickets early! The last time Arts & Issues presented this concert, it sold out.

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OPINION

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Thursday, October 22, 2015

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Letters may be submitted at the Alestle office located in the Morris University Center, Room 2022 or via e-mail at opinion@alestlelive.com.

All hard copy letters should be typed and double-spaced. Letters should be no longer than 500 words. Include phone number, signature, class rank and major.

We reserve the right to edit letters for grammar and content. Care will be taken to ensure that the letter's message is not lost or altered.

Letters to the editor will not be printed anonymously except under extreme circumstances.

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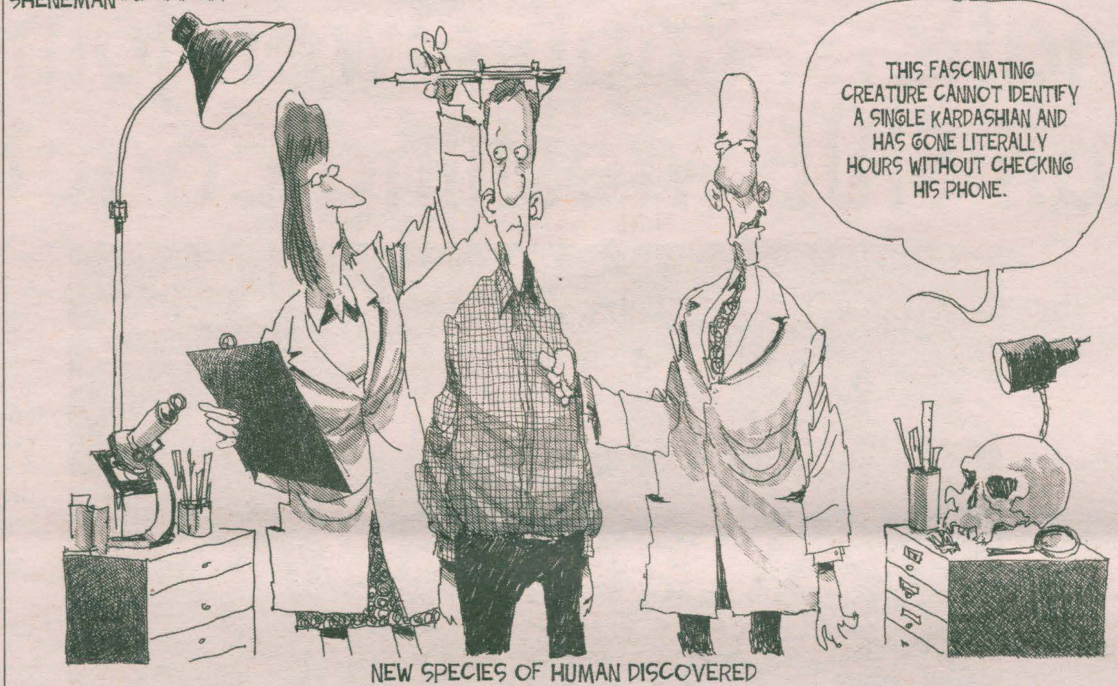
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SHENEMAN



Increase inclusiveness and diversity at the 'e'

Diversity is more than just a word. It involves changing hearts, not just changing policy. But these developments don't happen overnight.

Alestle Staff Editorial

The movement for diversity evolved from the efforts of Martin Luther King, Jr. in the 1960s. King, Jr.'s notions left a lasting legacy on the nation, and have called for diversity and inclusiveness for decades.

But because the changing of hearts takes generations, there is still much work to do.

SIUE's call for diversity and inclusiveness was answered by former Chancellor Julie Furst-Bowe, who cut the ribbon for the Multicultural Center on Nov. 20, 2014. The march toward the goal for an all-inclusive, yet diverse society continues at SIUE this week.

SIUE will host its first ever Diversity Week, Monday, Oct. 19 through Friday, Oct. 23. SIUE hosts an annual India Week, Black Heritage Month, Africa Night, Iranian Night, Diwali Night, Hispanic Heritage Month and other similar events. There are also other non-cultural events such as Safe Zone meet-

ings, Veteran's Services, Disability Support Services, and Ally Training sessions.

The Office of Institutional Diversity and Inclusion, along with the Diversity Council, has resources available to all students on Blackboard, and SIUE has a statement on diversity that the university adopted in April 2013.

It reads: "All societies and peoples have contributed to the rich mix of contemporary humanity. In order to achieve domestic and international peace, social justice and the development of full human potential, we must build on this diversity and inclusion."

[SIUE] nurtures an open, respectful, and welcoming climate that facilitates learning and work. Each member of the University is responsible for contributing to such a campus environment.

[SIUE] is committed to education that explores the historic significance of diversity in order to understand the present and to better enable our community to engage the future.

Integral to this commitment, [SIUE] strives for a student body and a workforce that is both diverse and inclusive."

Yes, we're a diverse campus with different cultural and ethnic

groups of students, as well as veterans and members of the LGBT community, but we don't interact with each other as much as we could, and it's not necessarily the university's fault.

The university puts on various events to promote diversity and inclusiveness, and students attend these events, but often show up for the free food and T-shirt, and then leave without getting to what the heart of the event is.

Students come with the mindset, "What can I get out of this?" when they should really think, "What can I do to help promote inclusiveness at my university?"

The earth is such a diverse place, filled with billions of people from all different walks of life. Promoting diversity and inclusiveness helps us expand our horizons and learn more about the world that we live in and everyone we share it with.

We see many foreign exchange students on campus only sitting with and talking to others from their country, as well as people of the same ethnicity only interacting with their own groups.

While there's nothing wrong with this, they're here to learn

about and experience another culture other than their own.

Help them learn about our culture here. Flash them a smile, introduce yourself and say, "Hi."

Ask them about their culture and let them ask you about yours. Learn about and value their differences from you; it's what makes the world such an exciting and interesting place.

The next time you go to an event promoting diversity and inclusiveness and are about to leave after eating the food and getting your T-shirt, stick around and see what the event is really about. Attend the panels and discussions and learn about the other cultures and ways of life that are all around you.

Your perspective of different cultures might change, and you just might make some new friends. Help promote diversity and inclusiveness. The more we learn and know about the world and the people in it, the more we can improve our world.

Promoting diversity will change the way you see the world, for the better. Henry David Thoreau said, "It's never too late to give up your prejudices." He was right.

Read more staff editorials at alestlelive.com.

Consider personal health before people pleasing

Almost every college kid feels frantic, busy and stressed at some point throughout his or her college career. After all, we balance school, work, friendships and extracurricular activities — not to mention that we also have to eat and sleep at some point.

Dani Wilson
Alestle Sports Editor

Eventually, we start to mold a list of priorities for ourselves. We may not see it, and it may not be done intentionally, but the most important things in our life float to the top, and we start to notice everything else falling back just a little bit.

One thing that we either tend to forget or not realize at all is exactly how formative our college years are. In the midst of all the

things we do and people we see, we are learning about our own identities. We learn more every day about what we like and don't like, the people we want to surround ourselves with and how we would like to spend most of our time.

From my observations, one of the things that tend to fall by the wayside in busy college culture is personal time — we spend so much of our time pleasing people, doing homework and working, we forget about ourselves along the way.

In one of our most influential stages of life, we are drowning in our worries that all concern and affect other people.

Our lack of emotional self-care presents itself in a multitude of ways, many of which I see in myself and my friends — we have

stressed relationships, feel we can't stay on top of our work or school lives, are constantly tired but never sleep and find ourselves not enjoying any part of our lives.

In the end, our grades and jobs will look good on paper, but they most likely will not bring us true happiness. Our relationships and friendships can make us happy and bring us satisfaction, but they cannot define us.

Ultimately, we need to understand ourselves and our identities. We need to know what brings us joy, what hurts us and what we need to survive each day. Above all, we need to know how to emotionally take care of ourselves.

I encourage each and every one of you to begin setting aside time for yourself each week — or each day, if you can manage it — to simply reflect on how you are

doing. Take an hour or two to read your favorite book, go for a walk, or do something that you truly enjoy.

For reflection purposes, I find it helpful to keep a journal. I use it to reflect on my day, keep track of the things that hurt or help me, and focus on things I am grateful for.

Regardless of the activity you choose, it is important to reorganize your priorities with your self-care in a much higher place. We are college students — our lives are crazy, and for most of us they will only continue to get crazier.

Building a habit of taking time for yourself will keep your stress levels down and give you better peace of mind that will carry through to the rest of your life.

Dani Wilson can be reached at dwilson@alestlelive.com.

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SPORTS

The Alestle // 6

www.alestlelive.com

Thursday, October 22, 2015

Family matters: Brian Owen joins brother Tommy on SIUE wrestling coaching staff

DANI WILSON
Alestle Sports Editor

The SIUE wrestling program has become a family affair. Two weeks ago, SIUE athletics announced the hiring of Brian Owen, younger brother of current assistant coach Tommy Owen, as an additional assistant coach.

Brian Owen's undergraduate work and wrestling career were completed at Boise State University, where Tommy Owen coached until Brian's freshman year of college.

Tommy Owen recommended Brian attend Boise State.

Brian Owen said his brother's belief in Boise State's athletics convinced him to attend the school, and he trusted his brother's high regard for the program.

"He's the main reason I went to Boise State. It's kind of different having them recruit you than having your brother tell you that he trusts somebody, that he respects a coach and a program and likes the direction that everything was going," Brian Owen said. "So that's the determining factor."

Basing his decision on his brother's opinion was a much stronger decision than a simple recruitment, according to Brian Owen.

"Your family wants to spend time around you, so [they were] a little bit biased. But when he tells me about a program, that means a lot more than somebody recruiting me and telling me about their program," Brian Owen said.

The brothers are seven years apart but competed and won awards in the same championships throughout their high school careers. Tommy Owen said since their paths only briefly crossed as Brian came into college, he only got to coach Brian in a few instances in high school.

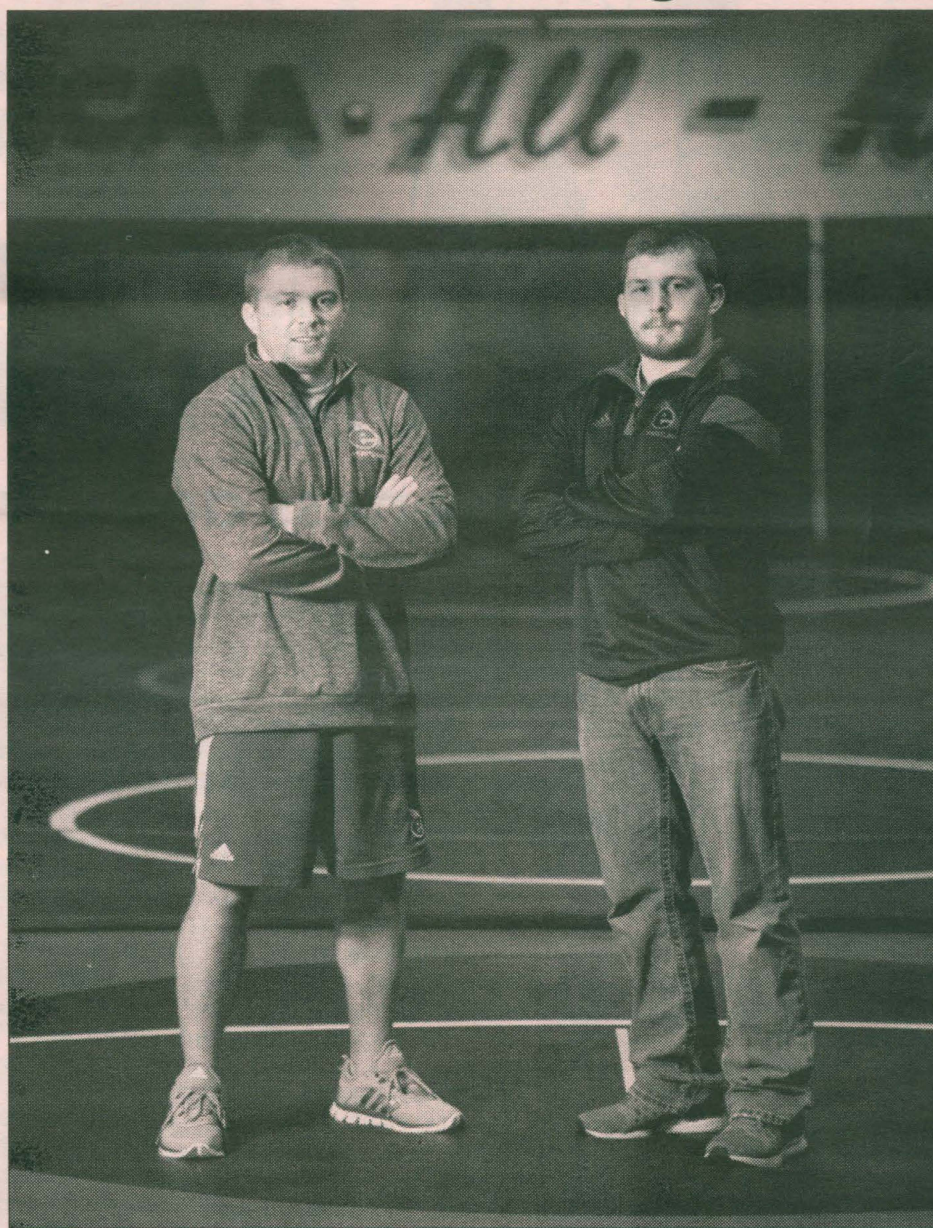
"I was one of the assistant coaches there, so when he was coming out of high school, I recruited him. I decided to take another career path as he was coming into college," Tommy Owen said. "So I never really got to coach him in college, but in high school, just through Team Washington and clubs ... there [were] times I got to coach him."

His brother's praise of SIUE's wrestling program and of Head Coach Jeremy Spates carried over into pursuing an assistant coach position at SIUE, according to Brian Owen.

"Me coming to Edwardsville was the same concept. Tommy has really high praise for Coach Spates and the program direction and the school and the athletic department," Brian Owen said. "That means a lot more to me coming from my brother than it would coming from somebody random that would like you to coach with them."

Tommy Owen said he enjoys that the two have grown up and are able to now work together professionally.

"It's a lot of fun because we are so much older. Growing up, I think we had a different relationship wrestling-wise because when it is your younger brother ... I had a certain idea of what it was going to take, and so I was probably really hard on him," Tommy Owen said. "Now it comes full circle where we've both gone all the way through it, and we can actually enjoy a non-athletic relationship. We get to see it from a different side of things; there's no competition between us. [I'm] not pushing him to do this or do that so he can better himself athletically."



Brothers Tommy and Brian Owen will work together this season as assistant coaches for the wrestling team.
[Photo by Brian Munoz / Alestle photographer]

The brothers' wrestling careers, according to Tommy Owen, are now at a point where the two can truly find joy in their career paths together rather than focus on competition and pushing each other to improve as athletes.

"I'd say the first time coaching together is something where you get to enjoy a profession together. It's not just about being brothers, but enjoying a profession together," Tommy Owen said. "It's probably the first time since we started wrestling where [we get] to enjoy it together, because you don't get to enjoy it when you're both competing ... now we're trying to — instead of [me] pushing him to get better — we're pushing somebody else to get better."

Brian Owen said since the pair was raised under a college coach, he and his brother share similar tenets about athletics and wrestling in particular.

"Almost every philosophy we have is the same. Our dad was a college wrestling coach. I know those things aren't passed down genetically, but he had a philosophy, and we grew up in his system," Brian Owen said. "We take the same philosophies from the same college coach. Now we're both under Coach Spates' philosophy. So we've never necessarily parted ways in the way we think about the sport ... We're so like-minded when it comes to wrestling."

Combining the Owen brothers' coaching and athletic principles, according to Tommy Owen, creates a mix of ideas that will create a great athletic program.

"I think we're [all] coming from philosophies that win national titles and produce All-Americans. There [are] little things that you want to do differently, but overall I think it's really good in terms of different voices and different opinions," Tommy Owen said.

Brian Owen said he hopes to bring a different direction to the wrestling program through his input and coaching.

"The one thing that I would like to bring is a different perspective on things. I just got done competing, and sometimes you have those ups and downs. Everybody has their own ups and downs," Brian Owen said.

The wrestling coaching staff at SIUE is relatively young, which Brian Owen said benefits the program because the coaches can offer fresh experience to the athletes from more than one perspective.

"[We all] had to deal with adversity. [We all] had [our] own storyline and experiences, and we're all still young enough to remember those vividly. That's going to be the nice thing, having a young coaching staff. You see a kid get down, and every one of us remembers being in that exact same place," Brian Owen said.

Brian Owen said the combined experiences of all the coaches will allow the Owen brothers, along with Coach Spates, to help stand beside the student athletes in their struggles both on and off the wrestling mat.

"I don't have the same [experiences] as my brother does. He'll be able to help a

kid in certain situations or scenarios that maybe I wouldn't be able to because I wasn't there," Brian Owen said. "Maybe it has to do with weight cutting, family issues or outside of the room things that are affecting him while he's trying to compete. Student athletes have all sorts of issues just like everybody else, but then you throw on top of it that we demand so much from them."

The brothers' coaching goals, according to Tommy Owen, are based around self-improvement and how that will continue through to the athletes during both practice and competition.

"I think your biggest goal is trying to improve every day as a coach. If you're handling all your business and you're accomplishing your goals then that's going to carry over into what your coworkers are doing and also the guys on the team," Tommy Owen said. "If you set out every day to get things accomplished, by the time it gets to practice, that's going to carry over into the guys too — finding ways to just improve every day."

Tommy Owen said the coaching staff is continuing to try to better themselves and help the athletes learn to better themselves as well.

"In our profession, you're trying to maximize what you can get out of the athlete. Can you take a C student to a B student? Can you take a B student to an A student?" Tommy Owen said. "And in wrestling, [it's about] trying to help them reach their goals. The daily goal is just to try to find a way to better yourself, because nobody has all the answers. You've got to try to find them and do it together."

In response to his younger brother being added onto the coaching staff, Tommy Owen had one joking piece of advice to Brian Owen.

"He'd better not be bad at what he does — he'll make us both look bad, so he'd better be good at it," Tommy Owen said.

Tommy Owen said he eagerly anticipates being able to join his brother in what has become a family pastime for the Owen family.

"I'd say that what I'm looking forward to the most is just spending time together. This is something we grew up doing. My whole life I've always wanted to be a wrestling coach, and then to be able to do it with someone in my family, I think, will be a ton of fun," Tommy Owen said. "We have a ton of cousins and uncles and everyone wrestled. It's just something that we've always done, and to be able to do it with your brother, I'm really excited about that. [I'm excited to] see what we can get accomplished."

Brian Owen said he looks forward to sharing in the joys of seeing athletes succeed with his older brother. He said he and his brother's love for wrestling will make it extremely rewarding to see SIUE student athletes succeed in pursuing their goals.

"There's probably no better feeling than if a guy wins a tournament, him and I get to share in a high five or whatever it is — that you've accomplished something together. You've physically and visually gotten to see it happen. You watched this kid train and you watched him do well in school, and finally accomplish his goals," Brian Owen said. "That'll be the best thing by the end of the year, him and myself being able to help people accomplish their own goals. That's why we're both in it. We're not in it for ourselves."

Dani Wilson can be reached at
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Cougars gain two weekend victories

JESSICA ORANIKA
Alestle Reporter

The volleyball team defeated Southeast Missouri State University on Friday with a score of 19-25, 25-21, 25-18, 25-22. The Cougars went on to continue their winning weekend on Saturday as they blew past the University of Tennessee at Martin. The nail-biter ended with a score of 25-27, 23-25, 25-21, 25-21, 25-23, 15-8.

Head Coach Leah Johnson said she was pleased with the way the team played.

"Our fight was there. We had this sort of comeback mentality, which is appropriate, given our season. We're fighting to come back. It was neat to see the team rally together and see some highlight performances from Kristen Torre, Ashley Witt and Mallory Mangun. It was a pretty nice weekend all the way around," Johnson said.

Senior middle blocker Kristen Torre had 17 kills and a career best .667 hitting percentage on Friday. She also hit 24 kills on Saturday and ended that game with a .477 hitting percentage. Johnson said her efficiency was impressive.

"[Torre] hit over .600 on Friday, which was just phenomenal. Almost every ball she took swing at was a kill. It's just incredible how efficient she was. The whole weekend she had 4 total errors and 41 kills. We can depend on her. Every chance we get to put the ball in her hands, we have to do so because she's so consistent and so terminal. She's a hard player to stop," Johnson said.

Sophomore outside hitter Ashley Witt hit 15 kills against SEMO Friday, and then led in kills against UT Martin with a career high of 26 on Saturday. Johnson said Witt is improving consistently.

"[Witt] was a force at the net, and teams had to try to defend her. I was really

proud that she kept swinging and stayed aggressive. On Saturday, she went to a whole other level. She led us in kills. She averaged over 5 kills a set. That's huge," Johnson said. "The top players in [the] conference right now are averaging that number. She's really starting to set herself apart as an elite attacker in the OVC."

Junior setter Mallory Mangun led with 18 digs in each game. Johnson said her efforts led to the success of her teammates.

"With [Torre] and [Witt] having such good offensive nights, [Mangun] played a phenomenal weekend. She led us in digs. She averaged over 10 assists a set. She's a big reason why [Witt] and [Torre] put those numbers up," Johnson said.

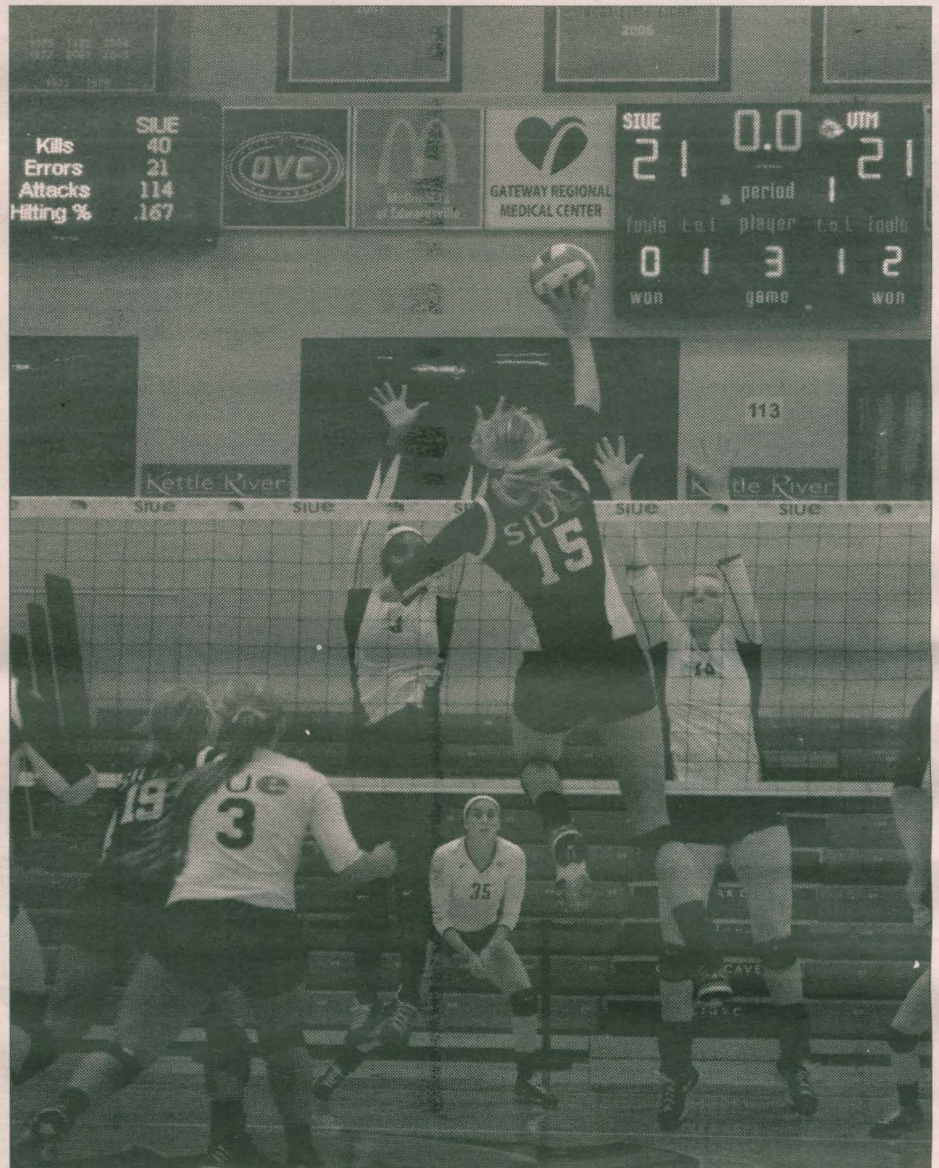
With over 400 fans cheering, Johnson said playing at home was an advantage. The Cougars will face Murray State University and Austin Peay State University at home this Friday and Saturday. Johnson said the encouragement of playing at home is a huge benefit for the Cougars.

"It is hard to win on the road. It's nice to be at home and have that advantage. We had an awesome crowd on Friday. It was a really cool vibe. It's certainly beneficial to be on your home court, and I'm excited to be at home again this weekend," Johnson said.

Torre has the fifth highest number of kills in SIUE history. Johnson said she thinks Torre can climb even higher. Torre will be honored for her achievements at the beginning of Friday's match.

"I think [Torre] could end her season in the top three. She's the only person in Division I history in the record books. She's a pretty exceptional player. That's one thing I'm excited about this weekend," Johnson said. "We hope people come out and help build on our momentum."

Jessica Oranika can be reached at joranika@alestlelive.com or 650-3525.



Senior middle blocker Kristen Torre totaled 41 kills with only 4 errors through the Cougars' games against Southeast Missouri and UT Martin over the weekend.

| Photo by Lashai Spencer / Alestle

Women's soccer comes out on top against Eastern Kentucky; seniors play last home game

KENDRA MARTIN
Alestle Reporter

The women's soccer team got their victory on Sunday, Oct. 18 against Eastern Kentucky University with the game ending 1-0.

Head Coach Derek Burton said he was happy with the turnout of the game and was very proud of the Cougars.

"I feel very positive about this game because we got the result that I feel we deserved," Burton said. "I am really happy for the girls and am additionally happy for the seniors to win their last home [game] with a win."

Burton said he was pleased with the Cougars taking what they learned in practice and applying it to the game.

"I was happy to see that what we were preparing for was brought to life," Burton said. "We applied what we have been working on during practice and also just our fight. Our backs were against the wall but we still continued to fight."

During the game, the Cougars had seven shots on goal, three saves, three corner kicks and three fouls.

Burton said junior defender Cory Levells and sophomore midfielder Emily Grahl had standout games.

"They had a really good game as far as taking what we learned in practice and applying it to the game," Burton said.

Burton said he was happy to see that the Cougars were able to score, which has been their main obstacle for the past few games.

"We just want to continue coaching our players about finishing and scoring," Burton said. "It doesn't have to be a perfect goal, but the goal that we scored is what we have been training for. It wasn't the prettiest goal, but it doesn't matter — so for her to score was definitely a positive moment."

Senior goalkeeper Jennifer Pelley said that the game was a testament to hard work.

"It shows that hard work pays off,"



Junior Kassidy Rawdon pushes through to the team's win against Eastern Kentucky University Sunday, Oct. 18. | Photo by Brian Munoz / Alestle

Pelley said. "We have been struggling to score, and it was nice to finally come together and win."

Pelley said as a senior, there have been differences between her freshman and senior year playing for SIUE.

"There is a huge difference between my freshman year and my senior year," Pelley said. "My freshman year, it was more individualistic, but in my senior year, there is more of a group mentality."

Since this was the last home game for the seniors, Pelley said that it had not hit her yet that this was her last time playing at home.

"It honestly has not hit me yet, but I am

happy that we ended on a high note," Pelley said. "But it was great to see my family in the stands supporting me."

Burton said he is excited for future games for the Cougars.

"I feel really good about moving forward," Burton said. "We hit the road next week, but it always feels great to finish the weekend with a win."

The Cougars go against Murray State University on Friday, Oct. 23 at 3 p.m. in Murray, Ky.

Kendra Martin can be reached at kmartin@alestlelive.com or 650-3525.

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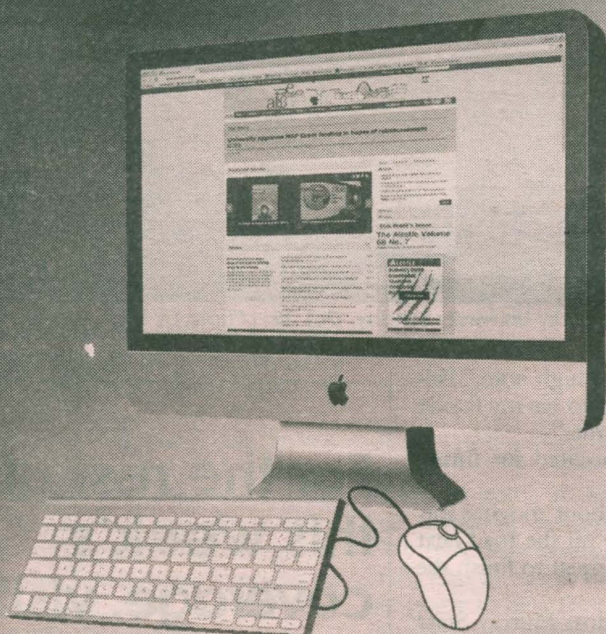
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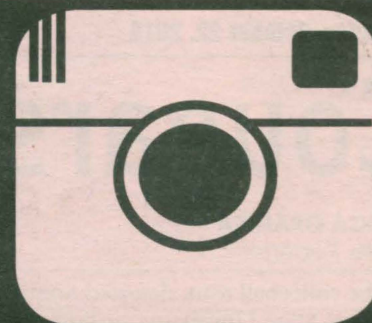
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- Exit the area and call 911.

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